

## Thursday

**Kindergym** 2 x Sessions 9.30am - 10.15am  
For parents and children under 5yrs 10.30am - 11.15am  
School term only

**Creative Writing** 10.00am - 12.00pm  
Learn to write creatively using simple exercises

**Art Watercolour all Levels** 10.00am - 12.00pm

Adult Education Class. Please see details and book online at [joinededinburgh.org.uk](http://joinededinburgh.org.uk) or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978 **Term Time Only**

**Pentland Lunch Club** 11.45am - 1.00pm  
Lunch and a blether for older people

**Thursday Social Club** 1.30pm-4.00pm  
Tea, dancing, bingo and fun!

**Art Watercolour - All Levels** 1.15pm - 3.15pm

Adult Education Class. Please see details and book online at [joinededinburgh.org.uk](http://joinededinburgh.org.uk) or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978 **Term Time Only**

**Yoga Hatha - Beginners** 3.30pm - 4.30pm

Adult Education Class. Please see details and book online at [joinededinburgh.org.uk](http://joinededinburgh.org.uk) or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978

**The Reel Creative Hub P6 - S2** 6.30pm - 8.30pm  
Get involved in various creative digital projects.  
School term only

**Centre Closed 4.50pm to 5:50pm**

**Five Winds - Tai Chi Chuan** 7.00pm - 8.45pm  
Teaching hand forms including pushing hands and weapon form

**Area Labour Party Meeting** 7.00pm - 8.45pm  
3rd Thursday of the month

**Pentland Joggers**  
meet at Centre -  
In winter @ 5.30pm  
In summer @ 6.00pm  
For experienced joggers 5-10km runs

## Friday

**PEEP** 9.15am - 10.30pm  
Parents Early Education Partnership  
Group for parents/carers and children 0-3yrs  
School term only

**All Talk At Pentland** (ESOL) 10.00 - 12.00pm  
Is English your second language? Practice your speaking and listening skills in our new conversational group

**Tryst Patchwork Group** 10.00am - 12.00pm  
Machine demonstrations + hand sewn projects

**Seated Exercise Class** 11.00am - 12.00pm  
Exercise for the over 50's to improve fitness  
**Waiting List**

**U3A Chess Club** (Fortnightly) 10.00am - 1.00pm  
Serious chess and serious fun!

**Bumblebee Sports** 12.50pm - 1.50pm

**A fun and sporty class for 2-5 year olds.**

**Carpet Bowls** 12.30am-3.00pm  
Lots of fun for young and old!

**Spanish Lessons for Children** 1.30pm - 2.30pm

Kids will learn Spanish naturally through interaction while singing, playing and developing their creativity!

**U3A Cards + Games** (Fortnightly) 2.00pm - 4.00pm

**U3A Crafts** (Fortnightly) 10am - 12pm

**Centre Closes @ 5:50pm**

### Weekend Bookings

Space may be available to groups, classes or private functions. **This is subject to janitorial availability**, please enquire at reception for further details.

Written enquiries/questions for the Management Committee can be left at reception and shall be dealt with at the next meeting. After which, you will receive a reply.

**PLEASE NOTE, THE PROGRAMME IS SUBJECT TO CHANGE**



## Programme

**June 2019 - December 2019**

**Pentland Community Centre**  
**Oxgangs Brae**  
**Edinburgh**  
**EH13 9LS**  
**0131 445 2871**

**OPEN Mon to Thurs 9 am - 8:45pm**  
**CLOSED between 4:50pm - 5:50pm**  
**OPEN Friday all day 9am - 5:45pm**

[www.pentlandcommunitycentre.com](http://www.pentlandcommunitycentre.com)



**EDINBURGH**  
YOUR COUNCIL - YOUR FUTURE

# Monday

**Kindergym** 2 x Sessions 9.30am - 10.15am  
For parents and children under 5 yrs 10.30am - 11.15am  
**School term only**

**Tryst Art Group** - Waiting List 10.00am - 12.30pm

**Pilates & Relaxation** 2pm - 3pm

Adult Education Class. Please see details and book online at joininedinburgh or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978 **Term Time only.**

**Hatha Yoga** 2pm - 3pm

**Suitable for beginners to intermediate. Alternatives for remaining seated throughout will be available.**

**Little Tigers** 3.45pm - 4.25pm

A fun martial art for children aged 3-5yrs  
[www.uktc.co.uk](http://www.uktc.co.uk)

**Centre Closed 4.50pm - 5.50pm**

**Dance - Bollywood Beginner** 6.00pm - 8.00pm

Adult Education Class. Please see details and book online at joininedinburgh or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978 **Term Time only**

**Taekwondo** 6.00pm - 7.00pm  
A fun martial art for children aged 5yrs+  
[www.uktc.co.uk](http://www.uktc.co.uk)

**Cycling Fitness** 7.20pm - 8.20pm

**A series of practical classes developing core stability and strength with a focus on cycling. Strength building, tension relieving, function restoring, injury resisting, performance enhancing.**

# Tuesday

**Kindergym** 1 x Sessions 9.30am - 10.15am  
For parents and children under 5yr  
**School term only**

**Computer Group** 9.30am - 12.00pm  
Share your computing skills (not tutor led)

**Patchwork Group** 10.00am - 12.00pm  
A Group designing and making quilts

**Pentland Retired Men's Group** 10.00am - 12.00pm  
Great company, activities and trips out!

**Line Dancing** 12.00pm - 1.00pm  
Dance to good music, get fit + have fun

**Carpet Bowls** 12.30pm - 3.00pm  
Lots of fun for young and old!

**Linus Project Group (Fortnightly)** 1.30pm - 4.00pm  
A group making lovely quilts for charity

**Simon Says Dance - [www.simonsaysdance.com](http://www.simonsaysdance.com)**  
**Dance Class Information**  
Nursery age - New 2.00pm - 2.30pm

**Centre Closed 4.50pm - 5.50pm**

**P1-P4 Youth Club** 6.15pm - 7.45pm  
Drop in for young people  
**School term only**

**EDAM** 7.00am - 8.45pm

Edinburgh & District Institute of Advanced Motoring.  
Monthly Meetings

**Brave Blood** 7.15pm - 8.15pm

Fitness Class - see Brave Blood Website for details

# Wednesday

**Kindergym** 2 x Sessions 9.30am - 10.15am  
For parents and children under 5yrs 10.30am - 11.15am  
**School term only**

**Baby Ballet - [Baby Ballet.co.uk](http://BabyBallet.co.uk)** 10.00am - 12.00pm  
Dance for parents and children together  
**School term only**

**Computing Group** 10.00am - 12.00pm  
Share your computing skills (not tutor led)

**Floristry Creative - All Levels** 10am - 12pm

Adult Education Class. Please see details and book online at joininedinburgh or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978 **Term time Only**

**German Beginner** 1.00pm - 3.00pm

Adult Education Class. Please see details and book online at joininedinburgh or contact adult.education@edinburgh.gov.uk for any queries. Telephone 0131 556 7978 **Term Time Only**

**Surestart** 1.15pm - 3.15pm

**Tai Chi - Lee Style** 2.00pm - 3.00pm  
Self run center class - experience required

**Fitness Pilates - all levels** 3.45pm - 4.30pm

**Centre Closed 4.50pm - 5.50pm**

**Management Committee Meeting**  
1st Wednesday of each month 6.00pm - 8.00pm

**P5-P7 Youth Club** 6.15pm - 7.45pm  
Drop in for young people - **School term only**

**D.I.Y. Crafting** 6.45pm - 8.45pm

Variety of craft activities with emphasis on fun and creativity

**Clubbercise with Lauren** 7.15pm - 8.15pm

**Clubbercise®**- simple, fun dance fitness routines using glow sticks to club anthems from the 90's classics to the latest chart hits